

Group Fitness Timetable

	Time	Class	Instructor	Level
Monday	07.00 - 08.00	Wake up, Shake Up	Jeremy	1/2/3
	09.30 - 10.20	Cardio Fusion	Sherrie	1/2/3
	10.30 - 11.30	Zumba	Sherrie	1/2/3
	11.45 - 12.30	Rebah Tai Chi	Sherrie**	1
	10.30 - 11.30	Aqua Aerobics	Rachel**	1/2
	12.00 - 13.00	Yoga	Emma	1/2/3
	18.00 - 18.55	Step	kim	2/3
	19.00 - 20.00	Body Step	Kim	2/3
Tuesday	09.30 - 10.30	Legs, Bums & Tums	Rachel	2/3
	10.00 - 11.00	Tai Chi	Joe	1/2/3
	10.30 - 11.15	Prime Time	Rachel**	1/2
	18.15 - 19.15	Cardio Fusion	Sherrie	1/2/3
	19.15 - 20.15	Fitness Pilates	Christine	1/2/3
	19.00 - 20.00	Circuits	Leeroy	2/3
	20.00 - 21.00	Yoga	Emma	2/3
Wednesday	07.00 - 08.00	Wake Up, Shake Up	Jeremy	1/2/3
	09.30 - 10.30	Step	Rachel	1/2/3
	10.30 - 11.30	Aerobics	Christine**	1/2
	11.00 - 11.45	Aqua Aerobics	Hailey**	1/2
	13.00 - 14.00	Yoga	Emma**	1/2/3
	17.45 - 18.30	Body Pump	Alex	1/2/3
	18.30 - 19.30	Tai Chi	Joe	1/2/3
	18.30 - 19.15	Legs, Bums & Tums	Alex	2/3
	19.00 - 19.45	Aqua Fit	Tina	1/2/3
	19.15 - 20.15	Body Step	Kim	2/3
Thursday	09.30 - 10.30	Zumba	Vicky	1/2/3
	10.30 - 11.30	Fitness Pilates	Christine	1/2/3
	18.15 - 19.15	Cardio Fusion	Sherrie	1/2/3
	19.15 - 20.15	Zumba	Sherrie	1/2/3
	20.15 - 21.00	Body Combat	Vicky	2/3
Friday	09.25 - 10.25	Step	Rachel	2/3
	10.25 - 10.55	Senior Zumba	Vicky**	1/2/3
	11.00 - 12.00	Fitness Pilates	Christine**	1/2/3
	18.00 - 19.00	Pump It Up	Kim	1/2/3
	18.00 - 18.45	Aqua Aerobics	Tina/Kate	1/2/3
Saturday	10.15 - 11.15	Circuits	Jeremy	1/2/3
Sunday	10.00 - 11.00	Freestyle Aerobics	Leeroy	1/2/3
	16.00 - 17.00	Body Combat	Vicky	2/3



Class Descriptions

Aerobics – a fun class combining all elements of a traditional aerobic workout

Aqua Fit – is an aerobic workout in the pool allowing the water to provide support to your body. These classes provide a fun and safe supported workout for any level..

Body Combat – is a non-contact, martial arts-based fitness programme with moves drawn from a range of self-defence disciplines. Music and pre-choreography create a fierce, energetic experience that raises fitness levels.

Body Step – is a high intensity workout with simple and effective choreography. Body Step is the world's fastest way to tone butts and thighs.

Body Pump – is the fastest way to shape up and lose body fat. Body Pump is a toning and conditioning class with weights and is for just about everybody. Please note some classes are 45 minutes long.

Cardio Fusion – is a really good workout with some fun and creative ideas, who knows what you will do next!

Circuits – is an all over body workout designed to increase strength and fitness. With a different layout each week this class will push you to the limits.

1 = Beginners, 2 = Intermediate, 3 = Advanced, ** = Senior timetable classes

Classes are open to everyone at the senior rate:

Aqua Fit on Mondays at 10.30-11.30am

Yoga on Mondays at 12.00-1.00pm and Wednesdays at 1.00-2.00pm,

Fitness Pilates on Fridays at 11.00-12.00am

Timetable is subject to change – correct at going to print

Fitness Pilates – is a group exercise programme designed to enhance the posture, strength, balance and stability of a healthy adult. It helps improve core strength and back mobility.

Legs, Bums & Tums – Enjoy a range of different exercises in the class that's never the same. Targeting those stubborn areas, and suitable for everyone, this class will give you the workout to improve your fitness and tone-up.

Tai Chi – is an ancient art form incorporating slow, gentle movements and exercises to condition and tone your body. A very relaxing class.

Wake Up, Shake Up – your early morning class will include circuits, toning and conditioning exercises.

Yoga – uses gentle postures to increase strength and flexibility with an emphasis on breathing and relaxation.

Zumba – The latin-inspired, easy to follow, calorie burning fitness dance party. Each class will have you shaking and moving with great results. Ditch the workout – JOIN THE PARTY

